

A Pilot Study To Assess The Effectiveness Of Met (Motivational Enhancement Therapy) On Coping Among Nurses Working In Selected Hospitals.

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INTRODUCTION

Nursing now a days acknowledged to be a difficult profession by its nature of working and the working environment. Nurses are facing difficulty in meeting their patient demands of the due to lack of manpower. Nurses feel dissatisfied with their capabilities for carryout their work in their profession and they express a desire to leave their job. To meet the challenges of the health-care delivery system and to ensure the quality of care provided and client satisfaction with the treatment received, it's critical to understand how satisfied nurses are, with their effective coping and jobs, as well as what factors influence their job stress and coping.

Motivational Enhancement Therapy is a behavioral intervention designed to help the clients with ineffective coping (problematic behaviors) and several mental health issues. It helps clients to work through their desire and commitment to engage in therapy, removing the barriers that drive the motivation for change the focus is on helping the client increase their level of motivation by supporting them on their journey to self awareness and helping them label feelings, combat any cognitive distortions, and problem solving. MET can also help reduce any feelings of shame or stigma that may be holding someone back from seeking help and also helps the person see that change is possible and they have the power to make it happen. Ultimately the person will get the ability to bounce back from the problematic situations and will gain a good mental health.

Statement of Problem

A pilot study to assess the effectiveness of motivational enhancement therapy (MET) on coping among nurses working in selected hospitals, Tamilnadu.

Objectives

1. To assess the level of coping among staff nurses in both experimental and control group.
2. To assess the effectiveness of MET among staff nurses in both experimental and control group.
3. To find out the pre-test association between coping among staff nurses working with selected demographic variables in experimental and control group.

Methodology

The design selected for this present study was quasi experimental pre and posttest with control group design conduct the study. The study was conducted at krishnagiri district, tamilnadu. The total sample size was 40 with 20 staff nurses each in study and control groups. Registered staff nurses were selected as a samples for these study who working in selected hospital. A simpling technique used was simple random sampling technique.

Description of the tool

It consists of two section the section A consists of demographic characteristics of staff nurses and the section B consists of Brief-cope questioner (brief-cope) its was a standardized tool and it had 28 questions regarding coping.

Ethical consideration

Formal approval was obtained from Institutional Review Board / Ethical Committee. The purpose of the study was well explained to the staff nurses and obtained informed consent.

Procedure for data collection

Formal approval was obtained from Institutional Review Board / Ethical Committee. The purpose of the study was well explained to the staff nurses. Demographic variables were collected using Interview schedule. Pre- test assessment Pretest level of coping was assessed by using Brief-cope (brief-cope) then motivational enhancement therapy given only to experimental group and the post tests was conducted to enhance their coping.

Analysis and Interpretation

Data analysis was done using the following statistical methods, descriptive methods like number, percentage, mean and standard deviation and Inferential statistical methods like paired 't' test and independent 't' test were used to determine the effect of coping strategies on quality of life and chi-square test was used to associate the demographic variables with coping.

Table-4.2.2: Frequency and percentage wise distribution to assess the level of coping among nurses working in selected hospitals, Tamilnadu.

Coping	Experimental group						Control group					
	Pre test		1 st Post test		2 nd post test		Pre test		Post test		2 nd post test	
	f	%	f	%	f	%	f	%	f	%	f	%
Unfavourable	13	65	2	10	4	20	15	75	15	75	13	65
Moderate	6	30	18	90	15	75	5	25	5	25	7	35
Favourable	1	5	0	0	1	5	0	0	0	0	0	0
Overall	20	100	20	100	20	100	20	100	20	100	20	100

Percentage wise distribution of pre and post tests level of coping among nurses in control group depicts that in pretest, 75% of them had unfavorable coping status and 25% of them had moderate level coping, whereas None of them had favourable coping level during pretest. Likely In 1st posttest, 75% of them had unfavorable coping status and 25% of them had moderate level coping, whereas None of them had favourable coping level during pretest. whereas In 2nd posttest, 65% of them had unfavorable coping status and 35% of them had moderate level coping, whereas None of them had favourable coping level during pretest It shown not even much level improvement from pretest to post test.

Percentage wise distribution of pre and post tests level of coping among nurses in experimental group depicts that in pretest, pretest, 65% of them had unfavorable coping status and 30% of them had moderate level coping, whereas 5% of them had favourable coping level during pretest, whereas In 1st posttest, majority of the nurses (90%) had average coping and 10% of them had unfavorable level of coping and none of them had favourable level of coping status among nurses during 1st post test. whereas In 2nd posttest, majority of the nurses (70%) had moderate level of coping and 5% of them had favourable level of coping and lower percentage of them (20%) had unfavorable level coping status among nurses during 2nd post test It shown improvement from pretest to post tests after the intervention. Hence, it can be interpreted that Level of coping scores was improved in experimental group with intervention.

CONCLUSION:

The present study to assess the effectiveness of MET on coping among nurses working in selected hospitals, Tamilnadu. This study is a first step toward better understanding the coping strategies used by the staff nurses in selected hospitals. The majority of staff nurses had good coping level after given intervention through motivational enhancement therapy. The study concludes that the level of coping among staff nurses was better than the normal hence the intervention MET more effective therapy.

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